

We're inviting adults over the age of 65 to a half day workshop run by King's College London.

LIVING WELL OVER 65

Managing health and wellness

We're tailoring a workshop to consider issues specifically related to healthy ageing. This will be an interactive session with the opportunity to:

- * Discover the relationship between stress and health
- * Learn techniques for managing stress and health
- * Find out about ongoing research and put your questions to researchers working in the field.

**11.30-3.30PM | OCTOBER 09, 2018 |
HACKNEY WICK**

For more information or if you would like to attend, please contact:
Dr Zoe Moon - 0207 188 0179 - zoe.moon@kcl.ac.uk

Health Psychology Section, 5th Floor Bermondsey Wing, Guy's Hospital,
SE1 9RT.